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This Stella McCartney number won over stylish stars like Kate Moss in 2012. Check out other top fashion moments of the year PAGE 10

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Sask.-born Idle No More keeps up momentum

A countrywide call to action. Organizers say movement is about protecting all Canadians, not just aboriginals

SHANE GIBSON
Metro in Winnipeg

Traffic on Canada's busiest highway had to be rerouted just west of Winnipeg Wednesday as Idle No More demonstrators blocked Portage Avenue to protest the Conservative government's omnibus budget bill, which they say tramples treaty rights and weakens protection of Canada's waterways.

"I'm doing this for my grandchildren and my great-grandchildren," said Gerry Shingoose, 55, who lives in Winnipeg and was part of the crowd of roughly 50 that blocked the roadway. "When I was in residential schools I felt like I didn't have a voice — this is finally giving me that voice."

The blockade started at 1 p.m. and Winnipeg police diverted traffic around the protest including eastbound lanes of the Trans-Canada Highway.

Many drivers were not happy with the delay.

"I'm not quite sure what this is proving other than it's inconveniencing the average person," said Darryl Muir, who got stuck in a line of cars while trying to pick up his kids at an arena just west of the city. "How do I get even get there from here?"

The protest was peaceful and traffic quickly returned to the roadway when protesters dispersed just before 4 p.m.

'Teach-ins' and hashtags

The local roots of a national protest

The Saskatchewan-born Idle No More movement sweeping across the country has a strong connection with this province.

The movement's founders — Nina Wilson, Sylvia McAdam, Jessica Gordon and Sheelah McLean — started organizing "teach-ins" in Saskatoon, Regina and Prince Albert to bring awareness of the federal government's Bill C-45 in November and December.

The movement started getting wider exposure through the #IdleNoMore hashtag and other social media. Today many aboriginals across the country and even internationally have rallied behind the movement.

JEFF MACKEY/METRO IN REGINA

A flag-carrying Idle No More protester watches as police divert traffic around a blockade set up at St. Charles Street and Portage Avenue in Winnipeg, Wednesday. The demonstration lasted three hours and forced traffic on the Trans-Canada Highway to be rerouted around the Perimeter Highway until 4 p.m. SHANE GIBSON/METRO IN WINNIPEG

What they want

The organizers of Idle No More mostly want meaningful dialogue between politicians and First Nations.

- They say things like the Conservative government removing key environmental protection to the vast majority of waterways in Canada is a violation of their treaty rights.
- Organizers also hope the Idle No More protests will spur Canadians to become more educated about treaty rights and that they will inspire youth of all races to action.

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City rolls out blue recycling carts to 66,000 homes

Workers unload brand new 360-litre recycling carts in the Silverwood Heights Neighbourhood yesterday afternoon. The city will be taking six months to roll out the new recycling program, which will see 66,000 homes in Saskatoon getting a brand new recycling cart. JANE CAULFIELD/METRO

Going blue. Program to improve lifespan of Saskatoon's landfills

The holidays may be over but one more special delivery is in store for 66,000 families in Saskatoon — a 360-litre blue recycling cart.

Targeting to complete the rollout of carts within six months, the city began deliveries yesterday in the Silverwood Heights neighbourhood.

"Saskatoon Recycles is a program we're all very proud of," said Brenda Wallace, environmental-services branch manager. "It's one way that we can ensure the long-term sustainability of our beautiful and growing 21st-century city."

Pickups begin two weeks after your cart is delivered and mimics regular trash pickup — placing carts either curbside or in an alley. Because the program is single-stream, this means that residents do not have to sort or bag their recyclables.

"Talk to your neighbours — you may be an avid recycler but your neighbours may not, so help each other out as we get used to this new program," said Wallace.

With a monthly cost of $4.66 added to your municipal utility bill, Wallace said the program will greatly improve the lifespan of the city's landfills.

For further information, or to find out when your neighbourhood is scheduled for delivery, log on to saskatoonrecycles.ca. JANE CAULFIELD/METRO

Recyclables

What can be recycled?

- Paper-fibre items such as phonebooks, brown paper bags and flattened cardboard.
- Rinsed tin cans, pop and beer cans.
- Plastic water bottles, milk containers, household glass bottles — all rinsed with cap removed.
- Any plastics displaying recycling numbers one through seven.

What can't be recycled?

- Anything soiled or waxed, Styrofoam or dirt.

Libraries part of new bedbug task force

In an effort to keep the bedbugs from biting in Saskatoon libraries, a task force has been formed between the University of Saskatchewan, Saskatoon Public Library and the City of Saskatoon.

According to Ann-Marie Mathieu, the deputy director of planning and support services with Saskatoon Public Library (SPL), there have been instances where materials containing bedbugs have been returned and she says the new task force, created at the end of 2012, is part of the strategy to address the issue.

"We're working with various stakeholders in the city to develop a more proactive approach," said Mathieu.

She explained the SPL has had procedures to detect bedbugs in libraries for more than a year, including a containment process and on-site monitoring; however, new pheromone traps for bedbugs were introduced in December of 2012.

"If there are these creatures in the library, then they will be attracted to these pheromone traps," said Mathieu. "If we don't catch them when the materials are returned, certainly we will find them if they are in the facilities."

Mathieu said the number of instances where bedbugs were in returned material has been low and at this time it's not a major concern, but said the SPL is taking the issue "very seriously." MORGAN MODJESKI/METRO

Causing mental stress

- Ross Findlater, a public-health doctor and deputy medical health officer with the Saskatoon Health Region, said research shows bedbugs don't transmit diseases, but they can impact people with asthma and cause mental stress.

The Frances Morrison Library in downtown Saskatoon. Ann-Marie Mathieu, deputy director of planning and support services with Saskatoon Public Library, says bedbugs have been found in materials returned to the library. MORGAN MODJESKI/METRO

John Diefenbaker

Former PM's home in Sask. needs repairs

The Prince Albert Historical Society in Saskatchewan is looking for money to help renovate the home of Canada's 13th prime minister, John Diefenbaker. THE CANADIAN PRESS/ CKBI

Icy road conditions

Man killed in vehicle rollover

A 71-year-old man from Saskatoon was killed in vehicle rollover Wednesday afternoon.

Just after 2 p.m. Warman RCMP and EMS responded to a single-vehicle rollover in the westbound lane of Highway 16, west of Maymont. Upon arrival they found a white 2005 GMC Canyon pickup truck overturned. The driver was pronounced dead on the scene, and a 69-year-old female passenger was transported to hospital in stable condition.

Icy road conditions were said to be the main factor in the rollover. METRO

Found unconscious

Murder charges laid after New Year's Day fight

A murder charge has been laid against three people after a New Year's Day fight on a Saskatchewan reserve led to the death of a young man.

Duril McKay, a 20-year-old resident of the Red Earth First Nation, was found unconscious on the reserve early yesterday morning and was declared dead on arrival at the hospital in Nipawin.

Lenny Head and Tyson Whitehead, who are also reserve residents, appeared in a Nipawin court Wednesday morning, charged with second-degree murder. THE CANADIAN PRESS

Simon Beck creates gigantic lacework designs in the ski hills of France using nothing but snowshoes, an orienteering compass and some string. FACEBOOK

Ski hills, frozen lakes are this man's canvases

Sub-zero spectacles. Simon Beck spends up to 10 hours stomping in the snow to create his works of art

Quoted

"For the accurate work in the early stages, it is a matter of maintaining focus and not making a mistake. Later on I listen to (classical) music." Simon Beck

Simon Beck creates gigantic lacework designs in the ski hills of France using nothing but snowshoes, an orienteering compass and some string.

Each work of geometric art takes 10 hours on average. Some fill an entire hillside.

"Some are a little unfinished, if my feet get cold or hurt too much," the 54-year-old Englishman says in a question-and-answer section on his Facebook site.

The work, he says, is often finished in the quiet of the night with a headlamp, away from skiers who think he's a little nuts.

"I hope to spread the message the mountains and snow are beautiful and worth preserving, and there are better things in life than spending so much time doing things you don't want to so that you can spend money you haven't got (yet) to buy things you don't need to impress people you don't like," Beck says in explaining his rationale.

Beck works in the snow and frozen lakes around the French ski resort of Les Arcs, where he lives for most of the winter. An orienteering map-maker by trade, he starts out with a sketch, then plots out his designs outside using a compass and pace counting or measuring tape.

Then he starts stomping in the snow, guided on the curves by his eye or "arcs of circle using a clothesline attached to an anchor at the centre."

Beck photographs each design and posts it on his Snow Art page with the hope it will get maximum exposure.

He has his favourite geometric designs, he says: the Mandelbrot set, the Koch curve and the Sierpinski triangle.

"They have gradually grown more complicated as I have got better at doing them.

"They are easy to do, but also very easy to get wrong. The hardest part is avoiding a 'stupid' mistake and the most frequent cause of those is a wrong aiming point.

"A lot of the inspiration for the snow art comes from the gardens in the temples in Kyoto, where sand is raked in patterns that are the closest thing I have seen elsewhere to the effect I achieve with snow."

Beck prefers frozen lakes to mountainsides because they're flat. His ideal working conditions are a heavy snowfall followed by six cold and clear days to preserve the swirls and lines.

He's been designing near his winter apartment at the ski resort since Christmas 2004, but as his fame has spread in the last year, Beck is considering new snow fields.

"If things in Arctic Norway continue to look good, I shall go up there after the season has ended here for more art, then next season I plan to sort out some assistants and expand my snow art activities, with visits to other local resorts and possibly a tour."

TORSTAR NEWS SERVICE

These drawings are on Lac Marlou in the ski hills of France. FACEBOOK.COM

Owner of lost lobsters and gifts tracked down

Stacey Nash's Christmas vacation involved missing lobsters, the police and one thoughtful bus driver.

"This will be a story we'll never forget," Nash said.

On Wednesday morning, Halifax Regional Police issued a release asking for the public's help in finding the owner of a suitcase filled with frozen lobsters and Christmas gifts.

A Metro Transit driver had turned it into police before noon after spotting it on Monday.

"Given the nature of the items, whoever owned it was not local," police spokesman Const. Pierre Bourdages said. "It paid off to alert the public."

Thanks to a tip from someone who read the release and saw a Kijiji ad by Nash's sister-in-law about the missing suitcase, police called her in Toronto less than an hour later.

Nash said she was "just so happy" everything was safe.

"I never eat seafood here in Toronto," said Nash, who is originally from Shelburne, N.S. "It's just not the same."

The suitcase was lost at about 6 a.m. on Monday when Nash's brother drove her to the airport to catch a flight back to Ontario, after her first holiday visit to Halifax in 20 years.

"He said, 'Stacey, you're going to have to do without your lobster,'" Nash said when he saw the back of the truck was open.

When she realized the luggage was gone — along with a Wii, clothing and Christmas gifts besides the three large lobsters — Nash said she was upset but had to board the plane.

Stacey's sister-in-law, Krista Nash, picked up the suitcase on Wednesday afternoon from police and is making plans with Nash on how to ship the luggage to Toronto.

HALEY RYAN/METRO IN HALIFAX

Krista Nash holds a suitcase and a bag full of frozen seafood after retrieving her sister-in-law Stacey's lost luggage from the Halifax Regional Police station on Wednesday afternoon. DEVAAN INGRAHAM/FOR METRO IN HALIFAX

Best places to be born. Canada ranks 9th in list by Economist

Canada pulls in at No. 9 in The Economist's ranking of the best places to be born in 2013.

It's a slight slip from the fifth place Canada held in the magazine's slightly more whimsical 1988 list.

A quarter-century ago, The Economist gave Canada maximum bonus points for scenery and "having the most desirable passport," as well as good marks for lack of cultural poverty. Canada got a predictably low score on the yawn index in 1988.

This time, the magazine said, its scores have turned "deadly serious." Rankings are calculated through a mix of wealth, crime rate, trust in public institutions and the health of family life.

Quality of family life is based primarily on divorce rates, said Laza Kekic of the Economist Intelligence Unit. Job security is calculated by unemployment rates and gender equality by the number of seats in parliament held by women.

Switzerland topped the list, while Nigeria was last (80th).

TORSTAR NEWS SERVICE

Calgary

Hundreds affected by fuel mixup

Hundreds have been forced to park their vehicles after a mixup between regular gas and diesel fuel at a Calgary gas station.

Co-op rep Karen Allan said that on Dec. 26 its fuel supplier mistakenly filled the regular-gas storage tank at a south Calgary gas bar with diesel fuel. It wasn't until some 500 vehicles had been fuelled that a customer brought the problem to the station's attention.

KATIE TURNER/METRO IN CALGARY

Fatal encounter

No pit-bull ban in Calgary, despite death of dog

Calgary has no plans to ban or otherwise restrict pit bulls after three of the dogs were involved in a fatal encounter in a city dog park.

A Pomeranian died in the incident on Monday while a Great Pyrenees was injured after both off-leash animals approached a man walking three leashed pit bulls. City officials seized the pit bulls, which are due to undergo behaviour tests.

ROBSON FLETCHER/METRO IN CALGARY

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Chris Christie speaks at a news conference at New Jersey's State House on Wednesday in Trenton, N.J. Christie blasted fellow Republican John Boehner for the House Speaker's decision Tuesday to delay a vote on Superstorm Sandy relief, saying the inaction is "inexcusable." NEW JERSEY GOVERNOR'S OFFICE/THE ASSOCIATED PRESS

Congress to vote Friday on Superstorm Sandy aid

Rebuilding stage. Money from House votes could result in a roughly $60-billion relief package

The leader of the U.S. House agreed Wednesday to a vote this week on aid for Superstorm Sandy recovery, changing course after coming under intense pressure from angry fellow Republicans.

House Speaker John Boehner will schedule a vote Friday for $9 billion for the national flood-insurance program and another on Jan. 15 for a remaining $51 billion in the package, Republican Rep. Peter King of New York said after emerging from a meeting with Boehner and Republican lawmakers from New York and New Jersey. The votes will be taken by the new Congress that will be sworn in Thursday.

Boehner's decision Tuesday night to cancel an expected vote on the storm aid before Congress ends its current session had provoked a firestorm of criticism from New York, New Jersey and adjacent states, including many lawmakers in his own party.

According to King, Boehner explained that after the contentious vote this week to avoid major tax increases and spending cuts called the "fiscal cliff," Boehner didn't think it was the right time to schedule the vote before the current Congress went out of business.

King left the session with Boehner without the anger that led him to lash out at the speaker Tuesday night.

"What's done is done. The end result will be New York, New Jersey and Connecticut will receive the funding they deserve. We made our position clear last night. That's in the past," King said.

Sandy was blamed for at least 120 deaths and battered coastline areas from North Carolina to Maine in October. New York, New Jersey and Connecticut were the hardest-hit states and suffered high winds, flooding and storm surges.

THE ASSOCIATED PRESS

On the table

The House Appropriations Committee has drafted a smaller, $27-billion measure for immediate recovery needs and a second amendment for $33 billion to meet longer-term needs.

- The $9 billion in flood-insurance money to be voted on was originally in the $27-billion measure.
- The votes on Jan. 15 will be for $18 billion in immediate assistance and $33 billion for longer-term projects, including protection against future storms.

Mishandling debt could be 'catastrophic': Obama

U.S. stocks surged as traders around the globe felt renewed confidence over global markets after Congress reached a deal to avert the fiscal cliff. SPENCER PLATT/GETTY IMAGES

A last-minute deal in Congress to avoid the economy-shaking "fiscal cliff" sent world stocks climbing Wednesday, but doesn't solve the problem of the massive U.S. deficit, meaning other battles on deep spending cuts and the federal debt limit loom in the coming weeks and months.

All the major U.S. stock indexes jumped by at least two per cent, and the Dow Jones industrial average saw its biggest surge in six months.

A smiling President Barack Obama said he would sign the law "that raises taxes on the wealthiest two per cent of Americans while preventing tax hikes that could have sent the economy back into recession." Then he left for Hawaii to resume his holiday break.

Congress also will have to act as early as February on raising the $16.4-trillion federal borrowing limit, which will allow the country to pay its bills. The U.S. officially hit that debt limit Monday. "If Congress refuses to give the United States government the ability to pay these bills on time, the consequences for the entire global economy would be catastrophic — far worse than the impact of a fiscal cliff," Obama said.

THE ASSOCIATED PRESS

Northern perspective

"Canada welcomes the agreement reached between the president and the Congress.... That said, there remain ... significant risks to the U.S. economic outlook." Canadian Finance Minister Jim Flaherty

Court battle. Sperm donor could be on the hook for child-support payments

A sperm donor in the U.S. is fighting an effort to force him to pay child support for a child conceived through artificial insemination by a lesbian couple.

When 46-year-old William Marotta donated sperm to Angela Bauer and Jennifer Schreiner in 2009, Marotta relinquished all parental rights, including financial responsibility to the child. When Bauer and Schreiner filed for state assistance in Kansas this year, the state demanded the donor's name so it could collect child support for the now three-year-old girl.

The state contends the agreement between Marotta and the women is not valid because Kansas law requires a licensed physician to perform artificial insemination.

"If a sperm donor makes his contribution through a licensed physician and a child is conceived, the donor is held harmless under state statute. In cases where the parties do not go through a physician or a clinic, there remains the question of who actually is the father of a child or children," Angela de Rocha, a spokeswoman for the Kansas Department for Children and Families, said in a statement.

William Marotta is being asked to pay child support after providing sperm to a same-sex couple. THE ASSOCIATED PRESS

Bauer and Schreiner have said they fully support Marotta's efforts to fight the state's request. When Bauer was diagnosed in March with what she calls "a significant illness" that prevents her from working, Schreiner sought health insurance for their daughter from the state. The DCF told Schreiner if she didn't provide the sperm donor's name, it would deny any health benefits because she was withholding information.

THE ASSOCIATED PRESS

Movie-theatre shooting. Families of victims reject invitation to reopening

Relatives of the majority of people killed in a Colorado movie theatre rejected an invitation on Wednesday to attend its reopening this month, calling it a "disgusting offer" that came at a terrible time — right after the first Christmas without their loved ones.

The parents, grandparents, cousins and widow of nine of the 12 people killed said they were asked to attend an "evening of remembrance" followed by a movie when the Aurora theatre reopens on Jan. 17. They released a letter sent to the theatre's owner, Cinemark, in which they criticized the Texas-based company for not previously reaching out to them to offer condolences and refusing to meet with them without lawyers.

"Our family members will never be on this earth with us again and a movie ticket and some token words from people who didn't care enough to reach out to us ... is appalling," the letter said.

THE ASSOCIATED PRESS

Fatal crash

Paparazzo killed trying to snap Bieber photo

A paparazzo was struck and killed by a car while darting across a street after taking pictures of Justin Bieber's Ferrari when it was pulled over along a freeway in Los Angeles, police said Wednesday.

Bieber was not in the car at the time. The singer later said his prayers were with the family of the 29-year-old photographer.

THE ASSOCIATED PRESS

New Year's Day

3 teens dead after alleged plane joyride

Authorities believe that a trio of U.S. teenagers took a small airplane on a joyride without permission before it crashed, killing them all. The plane crashed Tuesday night in Alabama.

"I think they were just looking for a thrill, and they had their last one," Walker County sheriff's Chief Deputy James Painter said.

THE ASSOCIATED PRESS

Newtown kids will return to class in new 'Sandy Hook'

Shooting survivors. School in neighbouring town has been renamed, renovated and garrisoned by a team of police officers

The children who escaped last month's shootings at a Connecticut elementary school will be returning to classes in a neighbouring town in a refurbished school now named after their old one, school officials said Wednesday.

Newtown superintendent of schools Janet Robinson announced that the students' new school, the former Chalk Hill Middle School in Monroe, has been renamed Sandy Hook Elementary School. She said the Sandy Hook staff made that decision.

"That's who they are. They're the Sandy Hook family," Robinson said after a news conference at a park in Monroe a few kilometres from the school, which will open for classes Thursday morning. An open house was held for parents and students on Wednesday.

The school where the shootings occurred remains closed and guarded by police. Newtown officials haven't decided yet on the building's future.

It's been nearly three weeks since the Dec. 14 massacre, when gunman Adam Lanza killed 20 students and six educators.

Numerous police officers on Wednesday guarded the outside of the Monroe school, which is about 11 kilometres from the old school.

Teams of workers, many of them volunteers, prepared the Chalk Hill school with fresh paint and new furniture and even raised bathroom floors so the smaller elementary-school students can reach the toilets. The students' desks, backpacks and other belongings that were left behind following the shooting were taken to the new school to make them feel at home.

THE ASSOCIATED PRESS

On guard

"I think right now it has to be the safest school in America."

Monroe police Lt. Keith White on the level of security at the new school

Counsellors say it's important for children to get back to a normal routine and for teachers and parents to offer reassurances. JESSICA HILL/THE ASSOCIATED PRESS

Syrian death toll at 60,000: UN

The scene on Dec. 17 after a mortar shell hit a street, killing several people in Aleppo, Syria. NARCISO CONTRERAS/THE ASSOCIATED PRESS FILE

The United Nations estimated Wednesday that more than 60,000 people have been killed in Syria's 21-month-old uprising against authoritarian rule, a toll one-third higher than what anti-regime activists had counted. The UN human-rights chief called the toll "truly shocking."

Opposition activist groups had been estimating the death toll at more than 45,000 and this was the first time that the UN estimate was higher.

"Given there has been no let up in the conflict since the end of November, we can assume that more than 60,000 people have been killed by the beginning of 2013," UN High Commissioner for Human Rights Navi Pillay said in a statement. "The number of casualties is much higher than we expected and is truly shocking," she added.

"The failure of the international community, in particular the Security Council, to take concrete actions to stop the blood-letting, shames us all," Pillay said. "Collectively, we have fiddled at the edges while Syria burns."

The real death toll is likely to be even greater because reports containing incomplete information were excluded and a significant number of killings may not have been documented at all by the sources available.

"There are many names not on the list for people who were quietly shot in the woods," Pillay's spokesman Rupert Colville told The Associated Press.

THE ASSOCIATED PRESS

Deadly conflagration

A regime airstrike on a gas station in a Damascus suburb on Wednesday pushed the death toll even higher.

- Anti-government activists said dozens were killed when the strike ignited an inferno and left behind a gruesome trail of charred bodies.
- It may be the bloodiest attack in weeks.

Lost. Woman missing for months allegedly killed in Pakistan over finances

A lawyer says a Canadian-Indian woman missing since August has been killed in eastern Pakistan.

The woman, Rajvinder Gill, went to Pakistan to try to settle a financial dispute but disappeared.

Her father went to the police after she didn't contact her family for weeks.

The lawyer, Aftab Bajwa, who represents the woman's father, said the police chief of the eastern city of Lahore told a court Wednesday that a suspect confessed to killing the woman.

A police officer said the suspect confessed to working with a German of Pakistani origin who was involved in the dispute, and together they killed the woman.

The suspect said the second man has fled the country.

Police have not yet managed to locate the woman.

THE ASSOCIATED PRESS

Banned weapons

Canada opens gun trade to Colombia

Just one day before last month's school massacre in Newtown, Conn., Canada offered its gun merchants "new market opportunities" to export banned assault weapons to Colombia, one of the world's most violent countries.

Canada quietly eased its ban on the export of assault-style weapons to Colombia after Foreign Affairs Minister John Baird recommended an order amending the Automatic Firearms Country Control List.

Despite its impressive economic growth, Colombia is host to serious human- rights violations, a 50-year guerilla insurgency and world-leading cocaine production.

THE CANADIAN PRESS

Smartphone market. In Southeast Asia, RIM's star still shines brightly

While BlackBerry-maker Research In Motion claws for a diminishing market share in North America, the smartphone maker maintains a reputation in Southeast Asia that in some places harkens back to its glory days.

At Siam Paragon, the biggest mall in Bangkok and one of the largest in Asia, the BlackBerry retail store is just steps away from outlets selling designer labels like Prada, Dolce & Gabbana and Lamborghini.

Indonesia is also a bright light, having become RIM's biggest market in Southeast Asia. The company holds roughly half of the local handset market and has been ranked the top-selling smartphone there for the past two years.

The BlackBerry also ranks as the No. 2 smartphone in the Philippines, and the No. 3 smartphone in Thailand and Malaysia.

Shoppers browse at a BlackBerry store located alongside luxury retailers such as Prada and Hermès in Bangkok's Siam Paragon mall. The BlackBerry brand may be on shaky ground here, but it has maintained its status in parts of Southeast Asia. THE CANADIAN PRESS

But it is Indonesia, the world's fourth most populated country, that will likely play a key role in RIM's future as it struggles to launch its new BlackBerry smartphones in the fickle North American and European markets.

THE CANADIAN PRESS

Financial planning. Debt reduction remains top priority for Canadians, survey finds

Canadians appear less concerned about retirement planning than in years past as they continue to focus on debt reduction as their main financial priority, according to a new study released Wednesday by CIBC.

Overall, the poll done for the bank by Harris/Decima showed 17 per cent of respondents selected debt reduction as their main priority in 2013, unchanged from 2012 and the third year in a row that it has topped the list. Fourteen per cent chose debt reduction in 2011.

By the numbers

164.6%

While paying down debt topped the list of priorities last year as well, Statistics Canada says the household debt to income ratio actually rose to a record-high 164.6 per cent in 2012.

Meanwhile, the poll involving more than 2,000 adults 18 years of age and over found retirement planning was no longer among the top three on the list of priorities.

THE CANADIAN PRESS

Market Minute

DOLLAR 101.50¢ (+0.99¢)

TSX 12,540.77 (+107.24)

OIL $93.12 US (+$1.30)

GOLD $1,688.80 US (+$13)

Natural gas: $3.23 US (-12¢)
Dow Jones: 13,412.55 (+308.41)

The federal government is retiring the penny, and some think the nickel should be next in line. THE CANADIAN PRESS FILE

Chump change: Are nickels next on chopping block?

Coins we don't love anymore. Some say five-cent piece is also becoming obsolete, and should follow penny into the sunset

As the penny is set to begin retirement next month, there are already calls to put the nickel out to pasture as well.

The Royal Canadian Mint starts collecting one-cent coins on Feb. 4 for melting and recycling of the metal content, with some six billion pennies expected to be surrendered by Canadians over the next six years.

Finance Minister Jim Flaherty announced the surprise demise in last year's budget, saying the penny had become a nuisance.

And a former Bank of Canada economist says the nickel is also becoming obsolete, and should be next in line for retirement. "We see less and less people now ... digging in their wallets for nickels," said Jean-Pierre Aubry. A retired 30-year veteran of the Bank of Canada, Aubry has been a leading proponent of withdrawing the one-cent piece from circulation.

In papers and presentations for Desjardins Group over the last few years, Aubry used economic models to show that the penny should actually have been killed in about 1982.

That was a tipping point, as more Canadians hoarded the coins and the Royal Canadian Mint was pressed to churn out billions more to keep retailers stocked, costing the government up to $11 million annually.

Aubry argues the nickel will soon hit the same tipping point the penny did in 1982, as Canadians hoard them in greater numbers, forcing the mint to distribute up to 350 million each year to meet retail demand. "It's a sign that the coin is not well used," he said.

THE CANADIAN PRESS

Time to empty the piggy bank

Penny collection starts Feb. 4

Jim Flaherty is setting his sights on your pennies. The federal finance minister is reminding Canadians that starting Feb. 4, the Royal Canadian Mint will stop distributing pennies and instead start collecting them from banks and other financial institutions.

Flaherty says he'll take every advantage over the next month to remind Canadians that the supply of pennies will start to diminish as a result.

In his March budget, Flaherty unexpectedly announced the demise of the one-cent piece, saying pennies cost too much to manufacture and are a nuisance to many Canadians.

After Feb. 4, cash transactions will have to be rounded to the nearest five-cent increment, but electronic transactions will still be calculated down to the individual cent.

A cabinet order last month gave Flaherty the authority to pay financial institutions for the mountains of pennies they'll begin to return to the mint.

The last pennies minted on May 4 in Winnipeg cost about 1.6 cents each to manufacture.

Even though Finance Canada faces a one-time net cost of $38 million to retire the penny, the long-term savings to government and to the economy will be substantial.

THE CANADIAN PRESS

With Zipcar purchase, Avis goes after younger consumers

Zipcar chairman and CEO Scott Griffith poses in this April 2011 photo. Car-rental company Avis is buying Zipcar. THE ASSOCIATED PRESS FILE

Avis is leaping into the car-sharing-service business by buying Zipcar for $491.2 million US, aiming to capture a new type of customer and technology that will vastly expand its car-rental options.

Car sharing has become a popular alternative to traditional rentals in metropolitan areas and on college campuses, allowing members to get a vehicle for an hour or two for short trips instead of renting a car for a day or using mass transit. The segment has been growing while traditional car rentals have struggled in the current slow-growth economy.

Avis Budget Group Inc. is the third-largest U.S. rental-car company, behind Enterprise Rent-a-Car and Hertz Global Holdings Inc.

"I've been somewhat dismissive of car sharing in the past but what I've come to realize is that car sharing, particularly on the scale that Zipcar has achieved and will achieve, is complementary to our traditional business," Avis chairman and CEO Ron Nelson said in a conference call after the deal was announced.

Nelson said the acquisition means Avis will now be able to reach younger, more tech-savvy consumers who prefer sharing services.

By the numbers

760,000

Zipcar, which was founded in 2000, has more than 760,000 members, triple what it had in 2008. It went public in 2011, and 2012 is expected to be its first-ever profitable year.

THE ASSOCIATED PRESS

LEAVING HIS SINGLE-DUDE WAYS IN THE DUST

HE SAYS...
John Mazerolle
metronews.ca/voices/he-says

Year after year I make tough New Year's resolutions in an attempt to mend my bachelor ways, such as resolving to regularly dust the TV with a cloth, rather than running my hand over the screen every six months and exclaiming, "Wow, that's dusty!"

Well, I'm happy to say that in the past year I've finally made some progress. I no longer own a television.

In your face, dust. Cough, cough.

And, in the kitchen, a friend of mine brought me 12 basic spices this year. I must say, they really spruce up the windowsill.

Many of my other single-dude problems remain, however. I just don't have the right attitude.

Share and share alike

I consider a keyboard sticky with the previous user's Snickers bar a tasty value-add, similar to a mint on your pillow.

I notice this in newsrooms where different shifts share the same computers. Some of my co-workers start their shifts with spray and cloths and hand sanitizer, as if they'll be using their desks for open-heart surgery. Meanwhile, I consider a keyboard sticky with the previous user's Snickers bar a tasty value-add, similar to a mint on your pillow.

This failure as a human being is unfortunate from a life perspective but very fortunate from a column perspective because it leads to:

John's 2013 Bachelorhood Resolutions

- I resolve to clean the four breakfast bowls I have, rather than using increasingly less appropriate stand-ins such as Tupperware, popcorn bowls, flower pots and the mop bucket.
- I will clean these dishes before Corn Flakes have become irremovable fossils that will be of interest to top Corn Flake scientists seven centuries from now.
- I resolve to cook a meal that is not bacon, eggs and toast. (Making bacon and toast, eggs and toast, or bacon and eggs is partial credit only.)
- I resolve to accept that re-soaking the dishes repeatedly will not get them clean, that rotating the pillows only works once, and that not using the coffee machine for a while is not the same as cleaning the coffee machine.
- I resolve to invite people over so that I have to clean, but I'm still not scrubbing behind the toilet unless it's, at minimum, the Queen.
- I resolve to learn how to do things on my own rather than calling my parents with cryptic questions like, "Say there was a grease fire right now, would pouring baking soda on it help? Because I don't have any, hypothetically."
- I resolve to do these things soon enough that they can be considered New Year's resolutions and not some last-ditch bucket list. Because the bucket has corn flakes in it.

Royal resolve: tackling a job even a prince like William can handle.
GETTY IMAGES FILE

From police box to mail box

ROYAL MAIL/THE ASSOCIATED PRESS

Two worlds collide

Sci-fi classic gets stamp series

This image, released by Britain's Royal Mail on Wednesday, shows a postage stamp with an image of the present Doctor, Matt Smith. The Doctor — who usually uses a police box for travel — will be zooming through time and space on the edge of letters in 2013.

The stamps honouring the cult British television program will be available starting at the end of March. THE ASSOCIATED PRESS

Doctor Who celebrated

50

The Royal Mail is marking the 50th anniversary of the science-fiction show Doctor Who with a series of stamps featuring each of the 11 actors who have played the title role. Those featured include the present doctor, Matt Smith, as well as past Time Lords such as David Tennant and Christopher Eccleston. The stamp featuring the first Doctor, William Hartnett, is shown below.

Time Lord's friends and foes go postal, too

GETTY IMAGES FILE

The series will also include a miniature sheet that brings together Second Class stamps featuring four of the show's iconic creatures — a Dalek (shown above), an Ood, a Weeping Angel and a Cyberman. THE ASSOCIATED PRESS

Metropolitan Panel

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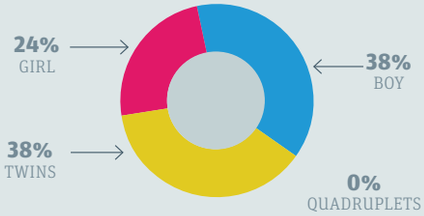
What's your royal baby prediction?



Twitter

@MacPhersonA: I don't have to go to work tomorrow, but I do have to go to the dentist. Frankly, I'd rather go to work.

@theotherHilary: our current north industrial area is served by...one bus. That runs on a meandering loop, every 30 minutes. It's still full.

@thomas_mclellan: Going to university away from home makes you excited to go back to school #yeahbuddy #uofs #saskatoon

@ChrixMorix: Mac DeMarco was one of my favourite live acts of 2012. Concurrently, I can't stand listening to his albums. #paradox

@BrandonParfitt: #RealLifeAchievement Travel from Yorkton to Saskatoon without getting passed on the highway. 20G. #AchievementUnlocked

metro

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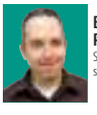
Saskatoon fiddle player Karrnnel Sawitsky just returned from a European tour. CONTRIBUTED

Not just fiddling around

Karrnnel Sawitsky. Award-winning fiddle player has three albums in the works



BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

As impressive as the success Karrnnel Sawitsky has achieved in his chosen field, so is the list of potential careers that he's walked away from.

He received his degree in engineering from the University of Saskatchewan after deciding to leave a promising hockey career, which saw him play two years of junior hockey at Notre Dame in Wilcox.

Oh, and he was also a model for a short time.

But none of those professions held the allure of the passion he chose to pursue: fiddling. "I started when I was four," Sawitsky said. "And just seeing my older sisters do it I thought, 'Oh, that's the cool thing, I want to be cool like my sisters.'"

While being a fiddle player might not necessarily be everyone's definition of "cool," Karrnnel stuck with the instrument through his teenage years. He credits his friends and family for being supportive of his passion for folk music, but also says the pop music scene provided him with inspiration.

"I think when Natalie MacMaster and Ashley MacIsaac made it big a few years back, that created a sense of 'you can actually do this.'"

Now it is Sawitsky's success that may be providing inspiration for the next generation of young fiddle players. Last year alone he received a Saskatchewan Lieutenant Governor Arts Award and Western Canadian Music Award, to go along with dozens of other honours throughout his career.

But he downplays the recognition he has received, viewing it more as a means to an end.

"Obviously it's nice to win and have an award at home on your mantle, but I think it's more about getting people to know your name and pulling more people into your shows and your music."

A whole new audience was exposed to that music in late 2012 as Karrnnel and his band Fretless were invited to do a five-week tour of Europe.

"We didn't really know what to expect but we got there and we were treated like absolute gold. As a fiddle player I've never felt more like a rock star," Sawitsky said. "The response from the crowds was phenomenal."

And the fan base should continue to grow in 2013 as Karrnnel may release as many as three albums, including solo and group recordings.

Karrnnel will perform in Saskatoon at the Bassment on Feb. 1 and in Regina at the Mid-Winter Celtic Festival on Feb. 2.

Giving back

Sawitsky and his girlfriend, actress Amy Matysio, took advantage of a trip to New York last spring and shot a video for his single 101. He will be donating a portion of proceeds from the single sales on iTunes in support of Hurricane Sandy relief efforts.

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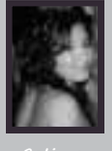

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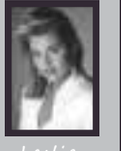

Leslie

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

A year in music: Top 5 chart toppers of 2012

Music. From Gangnam Style to Call Me Maybe, Metro looks back at some of the year's biggest hits

Father John Misty made 2012's Top 5 with Fear Fun. CONTRIBUTED/MAXIMILLA LUKACS

Top 5 albums/singles

1. Frank Ocean's Channel Orange
2. TIE: Father John Misty's Fear Fun and PSY's Gangnam Style
3. Carly Rae Jepsen's Call Me Maybe
4. Gotye's Somebody That I Used to Know
5. TIE: Rihanna's Diamonds and Ke$ha's Warrior

How did we all leave We Are Young by Fun. off this list? Is it because we're all too old to sing that song out loud? Or is it that the opening of the song is just too schlocky to make it all worth the amazing chorus? Seriously, if that song was the chorus alone, it would be the song of the year. To tell you the truth, it probably still will be anyway. Also, here's where I'm a little bit of a jerk: That Gotye song officially started getting airplay last year. **PAT HEALY**

Somebody That I Used to Know stays on the list because it made me think there was this really great Police song from the '80s recently discovered and newly released. I think I just proved your old fogies theory. **AMBER RAY**

Maybe this supports the argument that I'm already an old fogey, but I had to look up the Rihanna and Ke$ha songs because I hadn't heard them before. Ke$ha has finally been the first to inspire me to call something "devil music" in an unflattering way. **HEIDI PATALANO**

Another bit of food for thought: Would Gangnam Style make the list if there weren't a video? People probably posed the same question about Duran Duran in 1982, and it's strange how this bit of devil's advocacy is still relevant in 2012. But seriously, in an age where music videos aren't shown on regular TV anymore, it is interesting that a video made such a huge cultural and musical splash. **PAT HEALY**

I think it would have — hell, I still haven't even seen the Gangnam Style video, but I somehow know the dance. I personally enjoyed Britney trying her hand (at) it while appearing on Ellen, but why was she dressed like a flight attendant for that episode? **MEREDITH ENG**

I think a prerequisite for best song of the year means we can sing along with it. Oh man, I'm such a xenophobe. **DOROTHY ROBINSON**

What about Kanye this year? Did anybody vote for Cruel Summer? **PAT HEALY**

I say this every single year, and I hate change so I'll say it again: I have never heard anything by Kanye West that I didn't want to turn off immediately. Who's old and grumpy? This girl — this girl right here. **MONICA WEYMOUTH**

Oh man, Monica, give Mercy a chance! There's so much going on in this track. I love how it flawlessly switches between winding dancehall to some gritty southern rap all while maintaining a cool, dark undertone and then suddenly taking a left turn to an electronic dance party. Yup, you have to bring ALL your moves to the floor. Adding to the awesomeness is the all-black ninja-Bedouin looks everyone sports in the stylized video. It's totally one of those fashion moments I can see being referenced years from now. **TINA CHADHA**

Carly Rae Jepsen. GETTY IMAGES

Editor's picks

Music editor Pat Healy's Top 5

1. Father John Misty's Fear Fun
2. Michael Kiwanuka's Home Again
3. Big Boi's Vicious Lies and Dangerous Rumors
4. Frank Ocean's Channel Orange
5. TIE: Bruce Springsteen's Wrecking Ball and The Walkmen's Heaven

This was a weird year for music. For the first time, I feel like there was actually too much to listen to. Look at the top lists of any major publication and there are very few similarities.

I, for one, am surprised more outlets aren't praising the stellar songcraft of Father John Misty and Michael Kiwanuka. Neither are reinventing the wheel. In fact, both seem very much rooted in sounds of the '60s and '70s.

But as for my next two entries, Big Boi and Frank Ocean, I think both are really doing great things to push their genres forward.

Big Boi took a brave tact on this most recent album, which also didn't make many lists (presumably due to its December release date). Instead of just a few indie collaborations here and there, like he has done in the past, almost every track is a collaboration with either Phantogram or Little Dragon. The results are completely original.

Frank Ocean's results are completely original too. It really is like he is on the forefront of bringing a much-needed update to R&B. The new school, which includes Miguel and The Weeknd, never knew a world where hip-hop didn't exist and that has formed their worldview in such a unique way that the old soulsters didn't have.

And in fifth place, maybe it's just loyalty, but two of my favourite acts released albums that weren't my favourites they've ever released, but I still enjoy them.

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SHOPPERS DRUG MART

2012's memorable moments à la mode

Beauty and the buzz. From a dress double-up to a cropped-coiffe craze, here are some of the most talked-about style stories of 2012

The Olympics saw some of the most famous faces in fashion strutting to a David Bowie soundtrack. GETTY IMAGES

Michelle Obama and Ann Romney's matching hues.
The wives of the presidential candidates turned out to the second debate between Barack Obama and Mitt Romney in practically the same shade of hot pink. But they weren't by the same designer: Romney's was by Oscar de la Renta, and Obama's by Michael Kors. A potential matching prom dress-style embarrassment was chalked up to timing: October's breast cancer awareness month.

Marc Jacobs' Louis Vuitton show
Many of the designer runways seemed more of the same —stark stages, thumping music and audiences distracted by their electronic gadgets — but the Louis Vuitton fall catwalk in Paris commanded attention. Models dressed in their very best travelling clothes stepped off a reconstructed retro steam train. Valets carried the vintage-inspired hat boxes and vanity cases. The trip seemed refreshingly refined and modern.

Two-tone Stella McCartney dresses
McCartney, no stranger to the red carpet, has created a style that celebrities can't get enough of. Her ultra-flattering "silhouette" dress has become almost ubiquitous. It features one colour on the bodice and back, and a graphic opposite on the sides and sleeves. Kate Winslet has worn several versions, and Brooklyn Decker, Kate Moss, Edie Falco and Liv Tyler have, too. The best turn might have been Jane Fonda at the Cannes Film Festival.

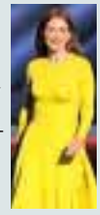
Beyoncé's back-from-baby body
Some new mothers claim they feel sexier than ever. Beyoncé was living proof at the Met Gala, the important industry event co-hosted by Vogue's Anna Wintour. Beyoncé's skin-tight, largely sheer — save the bodice beading and feathered fish-tail train — gown by Givenchy announced that Ivy Blue Carter's mom wasn't going to hold back. An honourable mention goes to Jessica Simpson, who dieted her way to a Weight Watchers ad, then wound up pregnant again.

Supermodel reunion at the London Olympics.
Gold was the new black at the closing ceremony with a parade of supermodels wearing gilded gowns in a tribute to British fashion. Kate Moss and Naomi Campbell both had on Alexander McQueen, Georgia May Jagger's was by Victoria Beckham, Karen Elson was in Burberry, and Stella Tennant donned a Christopher Kane Swarovski-crystal catsuit.

Miley Cyrus' cropped cut
When Cyrus cut off the long hair her fans had become used to, she took some heat. She has said (and tweeted) repeatedly, though, that she was pleased with the new punk-pixie look and was sticking with it. Short hair turned out to be a big trend, with Alicia Keys, Rihanna and Anne Hathaway all ending the year with much shorter locks than they started with. THE ASSOCIATED PRESS

Front-page fashion

Moore at the Emmys



Julianne Moore's neon-yellow Dior Haute Couture outfit (really a sweater and ball skirt) spawned a love-it-or-hate-it debate among armchair style critics. What was largely left out of that conversation, however, was that it was Raf Simons' big celebrity debut for Dior.

007's slim suits

Daniel Craig's wardrobe in Skyfall is impeccably tailored — and quite tight. Unlike the James Bonds that came before him, Craig, whose wardrobe is created mostly by Tom Ford, takes his suits Euro-style with tapered legs and shorter rises.

Angelina Jolie at the Oscars

The leg that peeked out of the high thigh-high slit of her Versace gown was the most exciting appearance on the red carpet. It was Jolie's picture-perfect pose to expose just enough thigh that launched a thousand memes.

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Resolutions from a decorator

DESIGN CENTRE
Karl Lohnes
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Every new year the decorating magazines, newspaper columns and home decor television shows ramble off the predicted trends for the upcoming new year.

Although it's good to know what they are, it's also important to consider which ones can — and cannot — be implemented in our lives.

My resolution this year is not to bring a lot of new trends into my life, but to say goodbye to a few that don't hold longevity in my home.

Here are two of last year's trends that I fell prey to in 2011-2012 — ones that have had their way (and their day) with me.

The colour brown has been used to create some pretty spectacular rooms, but it's time to say goodbye this year. SUPPLIED

The colour brown

We've seen brown tones dominate home decor for the past 10 years, and although it wasn't a new trend last year, it just seemed to linger on much longer than other colour trends from the past.

From espresso wood tones to deep brown leather furnishings, it's a promise to myself to think twice before introducing any more of it to my room's decor scheme. There are certain decor items that will always need to be brown — wood flooring, cabinetry and book cases, but using it in upholstery, paint and wallpaper feels a bit overdone these days.

Replace those dark brown colours with rich, muted shades of grey, purple, teal and cinnamon.

The deconstructed factory look

Stripped metal furnishings, repurposed wood, worn carpets and industrial factory cart coffee tables have somewhat had their day.

There's always a casual decor scheme on tap and the industrial chic look is now overblown. Was it an attempt to decorate in a more casual manner without going back to country decorating? My new motto about this look: If it looked great in a factory setting, then don't bring it home anymore.

Search for fresher looks in the casual decor schemes — pastel colours, pale wicker, seagrass and off-white paint colours.

Industrial Chic: Used initially for a little shock value, industrial items have now become overblown in the home. SUPPLIED

New year, new colour: Emerald named Pantone's colour of 2013

Emerald green.
Keep in style this year when planning your home decor

Emerald is the jewel in Pantone's crown of colours for 2013. The vibrant green hue was announced as its colour of the year.

Emerald is symbolic of growth, renewal and regeneration, said Leatrice Eiseman, executive director of the Pantone Color Institute, the research division of Pantone Inc., which creates colour standards for the fashion, beauty and home industries.

"That is what the stone implies and has ... for many cultures. It celebrates new life, and that, we feel, is a good message because it speaks of optimism for the future," she said in a phone interview from Bainbridge Island, Wash.

"At the same time, because it is closely connected to the gemstone, more people would think of it as a colour that is very sophisticated."

The selection of the rich green hue — which Eiseman describes as a "well-balanced colour" — is a striking departure from Tangerine Tango, the reddish-orange shade that took Pantone's top colour honour for 2012.

Pantone's annual colour forecast of the hottest hue for the year ahead factors in a number of different influences, from graphic design and fashion to film and TV.

Eiseman said they also look at the consumer zeitgeist from an international perspective, and start to seek out a colour symbolic of what people feel they need.

They are also on the lookout for a "building up of references" in the years leading up to the hue in question being named the top colour, she added.

With that checklist in tow, emerald — and its seemingly universal appeal among style arbiters and consumers — appears to fit the bill.

"We had to look for a specific green that was not one that we were seeing as much of, but as I said, was on the ascendancy," said Eiseman.

Indeed, the vibrant shade has been a fashionable favourite for some time, from the sleeved, sequined Versace number worn by Angelina Jolie at the 2011 Golden Globes to the sleek, silk Mulberry dress donned recently by the Duchess of Cambridge.

But Eiseman noted that emerald greens are surfacing in cosmetics as well, notably in the proliferation of colours emerging in nail polishes.

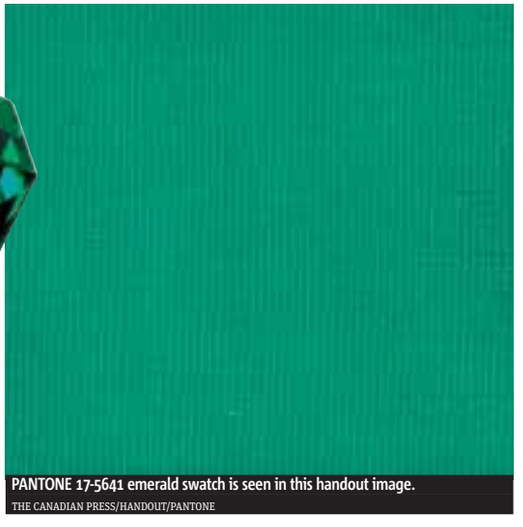
Eiseman said emerald is already being seen colouring kitchen appliances, and consumers can expect to see bedding and dishware among the array of items steeped in the shade in the months to come.

"Certainly in domestics and linens, table tops, glassware, ceramics (is) where emerald really shines," she said. "If you do emerald in glassware, it is just spectacular. It also takes on such beautiful colourations.

"These are the ways you're going to be seeing it, and in a lot of high-tech kind of applications as well going forward," she added.

"The more time and effort that is put into technology and what creates some of these finishes, like in cars, you are definitely going to be seeing (this colour) coming up."

THE CANADIAN PRESS



PANTONE 17-5641 emerald swatch is seen in this handout image.
THE CANADIAN PRESS/HANDOUT/PANTONE

Colour me emerald

"If you look into emerald ... from a very traditional, historical perspective — and this is something that's shared by many cultures — it comes from the most abundant colour family in nature. There are more greens than there are any other colours."

Leatrice Eiseman, executive director of the Pantone Color Institute

Lots of green beans and black beans and chickpeas — oh my!

ROSE REISMAN
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rosereisman.com

This salad has nutrition galore and makes a great side salad or buffet dish. Often I'll add some grilled chicken or fish and make it a main meal. Cut the avocado just before serving, or add some lemon juice to it to prevent discolouration.

1. Steam the green beans just until bright green and still crisp, about 3 minutes. Place immediately under cold water and rinse until the beans are no longer warm. Place in a serving bowl.

2. Spray small non-stick skillet with cooking oil and place over medium heat. Sauté corn, stirring frequently, until browned, approximately 8 minutes. Add to the serving bowl, along with the black beans, chickpeas, bell pepper, onion and avocado.

3. Whisk the zest, juice, oil, garlic, ginger, jalapeño, salt and pepper together in a small bowl.

4. Pour the dressing over the salad and toss to mix well. Garnish with the cilantro. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

- 8 oz green beans
- 1 cup drained canned corn kernels
- 1 cup canned black beans, drained and rinsed
- 1 cup canned chickpeas, drained and rinsed
- 3/4 cup diced red bell pepper
- 1/2 cup diced red onion
- 1/2 cup diced ripe avocado

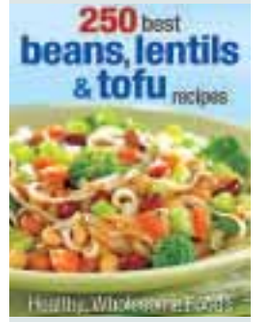
Dressing

- 1 1/2 tsp lime or lemon zest
- 3 tbsp freshly squeezed lime or lemon juice
- 2 tbsp olive oil
- 1 tsp minced fresh garlic
- 1 tsp minced fresh ginger
- 1 tsp minced jalapeño
- Pinch salt and black pepper
- 1/3 cup chopped fresh cilantro, basil or parsley

Three-Bean Avocado and Charred Corn Salad with Lime Dressing

This recipe serves six. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Cookbook of the Week



Spotlight on beans

Knowing that beans, lentils and tofu are good for you is one thing, but cooking with them is another. 250 Best Beans, Lentils & Tofu Recipes, compiled by author and editor Judith Finlayson, offers varied and globally-influenced recipes.

Winter-friendly eats such as Curry-Fried Tofu Soup With Vegetables and Udon Noodles and Firehouse Chili Soup will warm you up. And even meat eaters can enjoy the book with hearty dishes like Quince-Laced Lamb Shanks With Yellow Split Peas and Baked Shrimp Enchiladas. **METRO**

Lighten it up with Poached Eggs Over Ricotta and greens

The beauty of poached eggs is their versatility. Depending on what you pair them with, they can be breakfast, lunch or even dinner.

So for this quick and easy weekday meal, serve them with a bed of arugula, a scoop of ricotta cheese — one of the most overlooked cheeses in the dairy case (it's good for more than just lasagna and stuffed shells!) — and a bit of buttered multigrain toast. It's simple. It's filling. And it could be breakfast, lunch or dinner.

Want it to be a bit more robust? Just about any cooked and cooled vegetables could be added to the arugula. Leftover roasted winter vegetables, such as butternut squash or carrots, would be great.

1. Divide the arugula between 4 serving bowls.

2. In a medium bowl, mix together the ricotta and lemon zest. Season with salt and black pepper. Divide between the serving bowls, spooning it over the arugula. Set aside. Bring a large saucepan of water to a low simmer. Add the vinegar.

3. Crack each egg into a small heatproof glass. One at a time, gently and slowly pour each egg into the simmering water, bringing the lip of the glass right down to the water so that the egg slides in. Depending on the size of your pan, you may need to cook them in 2 batches.

4. Cook for 4 minutes, then use a slotted spoon to lift each egg out (letting excess water drip away). Nestle one egg into the ricotta in each serving bowl.

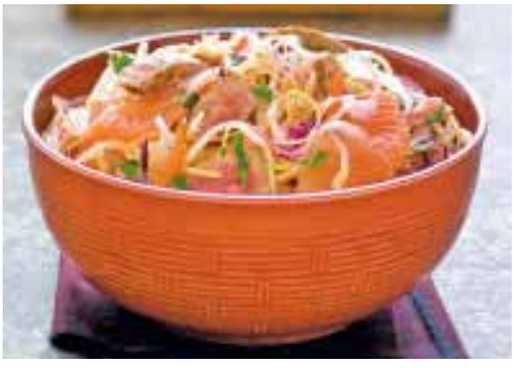
5. Season the eggs with salt and pepper, then drizzle with truffle oil and sprinkle with chives. Serve with the toast. **THE ASSOCIATED PRESS**

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 4 cups arugula
- 2 cups ricotta cheese
- Zest of 1 lemon
- Kosher salt and ground black pepper, to taste
- 1 tbsp white or cider vinegar
- 4 large eggs
- Truffle oil
- Minced fresh chives
- 4 thick slices multigrain bread, toasted and buttered

Vitamin C fix. Grilled Beef with Grapefruit Slaw



1. Cut skin off grapefruit, cut into segments, place in a bowl. Squeeze grapefruit membrane juices into a bowl. Stir in parsley, garlic, ginger, cumin and black pepper. Divide mixture in half.

2. Trim fat from steak. Add the steak to one half of the grapefruit juice mixture. Coat, cover and refrigerate for 30 minutes to 4 hours.

3. Place steak in greased grill pan over medium high heat and grill turning once, for about 5 minutes or until desired doneness.

4. Stir brown sugar into reserved marinade. Return pan to medium high heat. Add coleslaw and marinade mixtures. Cook, stirring for 2 minutes. Add grapefruit segments and cook for 1 minute.

5. Slice steak. Add to coleslaw mixture. **NEWS CANADA**

Ingredients

- 2 Florida grapefruits
- 15 ml (1 tbsp) finely chopped fresh Italian parsley
- 1 clove garlic, grated
- 2 ml (1/2 tsp) grated ginger
- 2 ml (1/2 tsp) ground cumin
- Pinch freshly ground black pepper
- 1 grilling strip loin beef steak
- 15 ml (1 tbsp) packed brown sugar
- 750 ml (3 cups) coleslaw salad mix

MLB

Rays, Price come to 1-year agreement

The Tampa Bay Rays and American League Cy Young Award winner David Price have agreed to a one-year deal for just over $10 million and avoided arbitration.

Price, who earned $4.35 million in 2012, agreed to the $10.1-million deal Tuesday. The Rays announced it on Wednesday.

He became the franchise's first 20-game winner in 2012, going 20-5 with an AL-best 2.56 ERA and 205 strikeouts in 211 innings. Price narrowly beat out Detroit's Justin Verlander for the honour that annually goes to the league's top pitcher.

THE ASSOCIATED PRESS

David Price GETTY IMAGES FILE

NBA

Clippers owner's son found dead in Malibu

The son of Los Angeles Clippers owner Donald Sterling was found dead of an apparent drug overdose at his Malibu, Calif., home, authorities said Wednesday.

The body of Scott Ashley Sterling, 32, was found shortly after 11:30 p.m. Tuesday, Los Angeles County coroner's Lt. Larry Dietz said.

THE ASSOCIATED PRESS

'The Nuge' dispensing nuggets of NHL wisdom

World juniors.

Nugent-Hopkins a source of insight for Team Canada teammates with big-league aspirations

Team Canada captain Ryan Nugent-Hopkins looks up ice during practice on Wednesday in Ufa, Russia. NATHAN DENETTE/THE CANADIAN PRESS

Regardless of what happens the rest of the way for Team Canada at the world junior hockey championship, most of the players on the team hope — one day — to make the NHL.

"It's in the back of your mind all the time," said forward Boone Jenner, a draft pick of the Columbus Blue Jackets. "It's the main goal. Since you're a little kid you want to play in the NHL. Every day you try to think about that and wonder how you're going to get better each day and keep going. It's the ultimate goal.

"And hopefully some day I'll be able to set foot on the ice for a game."

While his teammates can only dream of life in the NHL, captain Ryan Nugent-Hopkins has already lived it. He was a point-per-game player with the Edmonton Oilers last year, and a rising star in the league.

As such, Nugent-Hopkins has become a wonderful resource for his teammates to learn about life in the bigs.

"They definitely have a lot of questions," said Nugent-Hopkins. "Some guys have experienced a few games. Some guys will be there in a few seasons. There definitely are some questions and I try to shed light on it."

What does he tell them?

"It's definitely the best of everything," said Nugent-Hopkins. "The checking is so much better, the speed of the game is just amazing. The first thing I noticed was the atmosphere in the buildings. It was extremely fun to play in, playing against the best players in the world, players I've always watched, was pretty cool."

As much as Nugent-Hopkins has been the focus of the team's offence on the ice, he is the focus of attention off it for the advice he can give.

"He's been talking to us a little bit about it," said Jenner. "Little stories. Everyone listens in.... He's already been up there. It's kind of cool."

Defenceman Scott Harrington — drafted by the Pittsburgh Penguins — pays rapt attention when Nugent-Hopkins talks.

"He's been great for us," said Harrington. "He brings so much experience and leadership. He told us what it's like. It sounds awesome. It's motivation for the rest of us to get to where he is."

In all, 20 of Team Canada's 23 players are already drafted by NHL clubs. As many as 10 could get the call to come to camp immediately after the tournament if the lockout ends.

They'll have pulled off a rare double: Getting to play in the world juniors, then getting an immediate shot at the NHL.

"It's definitely pretty exciting to think about it that way," said Kitchener Rangers defenceman Ryan Murphy, a lock to go to the Carolina Hurricanes' camp. "I never really thought about it, but that could have been my last game in Kitchener I played before the break.

"It would be nice to play another game in Kitchener, but it would be pretty cool to play in the NHL. Whatever happens, I'll be happy with it."

TORSTAR NEWS SERVICE

Go to metronews.ca for coverage of Thursday's Canada-U.S. semifinal in Ufa, Russia.

Quarter-final clashes

John Gaudreau had a hat trick, Riley Barber scored twice and the United States beat the Czech Republic 7-0 to set up a rematch with Canada in Thursday's semifinal. Canada topped the U.S. 2-1 in the preliminary round.

- Defending champion Sweden will face Russia in the other semifinal.

THE ASSOCIATED PRESS

NHLers temper excitement for return to ice

Former Canadiens players Mathieu Darche, left, and Steve Begin arrive for a September training session in Brossard, Que. Begin is cautiously optimistic a deal to end the lockout is coming soon. GRAHAM HUGHES/THE CANADIAN PRESS FILE

The talks have heated up and a deal could soon be at hand, but NHL players are trying not to let their hopes get too high that a collective-bargaining agreement will get signed and a partial season will be saved.

A group of eight NHL players skating in Candiac, Que., a suburb of Montreal, Wednesday were glad that their players' union and the league have been talking over the last few days in New York. But they caution that the NHLPA thought a deal was close only a month ago, only to see commissioner Gary Bettman withdraw his offer.

"Yes, we're excited, but I hope it's not like last time when we were all excited and then the next thing you know, it's off the table," said forward Steve Begin. "But you have to stay positive."

Quoted

"Now I think it's time ... I think they'll get something done."

Locked-out defenceman Steve Begin

Begin does not have a contract, but is awaiting a chance to crack the Calgary Flames' roster during what may be a short training camp.

The league wants a deal done by Jan. 11, so a 48-game schedule can start on Jan. 19. The threat of losing an entire season, as happened in 2004-05, looks to have lit a fire under the negotiations.

"I've got excited before and I'm not going to get excited until a deal is signed," cautioned Montreal Canadiens captain Brian Gionta.

"We're looking forward because it's getting late," said Canucks forward Alex Burrows. "We're in the new year now, so we have to make sure they keep talking and find a way to grind it out and agree on a few things." THE CANADIAN PRESS

4 SPORTS

Denver Broncos offensive co-ordinator Mike McCoy, left, talks with quarterback Peyton Manning during a game on Dec. 16. Wally Buono knew 13 years ago that McCoy had the qualities to be a good football coach. ROB CARR/GETTY IMAGES

Buono knew QB would be real McCoy as coach

Job interviews. Mike McCoy, former CFL pivot, is meeting Buffalo, Chicago, Arizona and Philadelphia about head coaching positions

Mike McCoy's one of the NFL's hottest head-coaching prospects, but Wally Buono knew 13 years ago while with the Calgary Stampeders that the Broncos' offensive co-ordinator had the qualities to be a good football coach.

"Oh yeah and here's why," the B.C. Lions vice-president of football operations and GM said Wednesday. "We had Mike for something like four days and then he started for us and won four or five games with no training camp and a lot of it was because he cerebrally was able to pick up things quickly and stay within the structure of the offence.

"He had all the things as a coach you need to have: You have to have a work ethic, you have to have discipline, you have to have toughness. Things didn't faze him."

Buono was Calgary's head coach in 1999 when McCoy arrived and quickly found himself under centre with injuries to regulars Dave Dickenson and Henry Burris. McCoy adjusted quickly, completing 117 of 183 passes (63.9 per cent) for 1,669 yards with 10 TDs and just two interceptions.

At season's end, Buono wanted McCoy to return but the then 28-year-old quarterback abruptly retired to become an offensive assistant coach with the NFL's Carolina Panthers.

Completing his fourth season as Denver's offensive co-ordinator, McCoy should be relishing an off week after the Broncos (13-3) earned a first-round playoff bye. Instead, he'll meet with the Buffalo Bills, Chicago Bears, Arizona Cardinals and Philadelphia Eagles about their head-coaching vacancies.

McCoy, 40, has shown a deft touch when it comes to designing successful offences, having helped Denver reach the playoffs the last two years with vastly different quarterbacks.

In 2011, Denver (8-8) topped the NFL in rushing and beat Pittsburgh in the playoffs with Tim Tebow, the former Heisman Trophy winner who has been criticized for his flawed passing mechanics. This season, the Broncos were ranked second overall in scoring with Peyton Manning, a future hall of famer and one of the top passers in league history. THE CANADIAN PRESS

Quoted

"Mike, at the time, could have been our starting quarterback, but went to Carolina almost as a graduate assistant because he felt the vision for his life was to be a coach." **Wally Buono** on Denver Broncos offensive co-ordinator and head-coaching prospect Mike McCoy

NFL

Linebacker Lewis ready to retire

Ray Lewis spent 17 seasons instilling fear in his opponents while serving as an inspirational leader for the Baltimore Ravens.

Now he's poised and eager to become a full-time dad.

Lewis announced Wednesday he will end his brilliant NFL career after the Ravens complete their 2013 playoff run.

Lewis has been sidelined since Oct. 14 with a torn right triceps. The 13-time Pro Bowl middle linebacker intends to face the Indianapolis Colts Sunday in what will almost certainly be his final home game.

"Everything that starts has an end," the 37-year-old Lewis said. "For me, today, I told my team that this will be my last ride."

Lewis will walk away from the game because he wants to spend more time with his sons. He intends to see Ray Lewis III perform as a freshman next year for the University of Miami, where the elder Lewis starred before the Ravens selected him in the first round of the 1996 draft. THE CANADIAN PRESS

NBA

James drives Heat past Mavs

LeBron James scored 32 points and finished one assist shy of a triple-double, Dwyane Wade scored 27 and the Miami Heat rallied both early and late before beating the Dallas Mavericks 119-109 in overtime Wednesday night.

Chris Bosh scored 17 points and Ray Allen added 15 for Miami, which extended its Eastern Conference-leading record to 22-8. The Heat trailed by 12 in the opening minutes, and then dug their way out of a six-point hole in the final 3:02 of regulation.

James had 12 rebounds and nine assists for the Heat, who wound up going on what became a 16-3 run late, including 7-0 to start overtime. THE ASSOCIATED PRESS

LeBron James rises for a dunk on Wednesday in Miami. GETTY IMAGES

Tennis. Tomic upsets Djokovic Down Under

Bernard Tomic defeated top-ranked Novak Djokovic 6-4, 6-4 to earn the best win of his career, but Australia lost to Serbia 2-1 at the Hopman Cup on Wednesday.

Ana Ivanovic evened the round-robin tie by overwhelming Australian 16-year-old Ashleigh Barty 6-2, 6-3. Barty made a positive start, but once Ivanovic made the first break to lead 4-2 she took almost total control.

The Serbians then combined to win the mixed doubles 6-4, 6-7 (8), 10-6.

Tomic put Djokovic under pressure right from the start, holding five break points in the opening game. Djokovic survived that threat and held a break point of his own to lead 5-3, but netted a backhand. Tomic then broke serve in the next game with a cross-court forehand winner and served out the set.

He kept up the pressure in the second set, failing to convert a break point to lead 4-3, but won his sixth break point at 5-4, which left him serving for the match, and his first win over Djokovic in four tries.

"I played a very, very good match and I'm just happy after the training the last few months that it's all coming good and the training's paying off," Tomic said.

"Hard work does pay off. I'm still improving, but I feel this today was a very good sign. I've got to continue playing like this."

Bernard Tomic on Wednesday GETTY IMAGES

Playing in front of more than 13,000 in the sold-out Perth Arena, Tomic admitted to feeling nervous at the start.

"Very difficult to play the first few games," he said. "It's very hard playing against a player like Novak and come out relaxed. But I'm happy the way I came out. I was serving really good and the whole match was on my side because my serve was working really well."

Djokovic was generous in defeat and conceded that Tomic deserved his victory. THE ASSOCIATED PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	22	8	.733	—
New York	21	10	.677	1½
Atlanta	20	10	.667	2
Indiana	19	13	.594	4
Chicago	17	13	.567	5
Milwaukee	16	14	.533	6
Brooklyn	17	15	.531	6
Philadelphia	15	18	.455	8½
Boston	14	17	.452	8½
Toronto	**12**	**20**	**.375**	**11**
Orlando	12	20	.375	11
Detroit	12	22	.353	12
Charlotte	8	23	.258	14½
Cleveland	7	26	.212	16½
Washington	4	26	.133	18

WESTERN CONFERENCE

	W	L	Pct	GB
L.A. Clippers	25	7	.781	—
Oklahoma City	24	7	.774	½
San Antonio	26	8	.765	—
Memphis	20	9	.690	3½
Golden State	21	10	.677	3½
Houston	18	14	.563	7
Denver	18	15	.545	7½
Portland	16	15	.516	8½
Minnesota	14	14	.500	9
Utah	16	17	.485	9½
L.A. Lakers	15	16	.484	9½
Dallas	13	20	.394	12½
Sacramento	12	20	.375	13
Phoenix	12	21	.364	13½
New Orleans	7	25	.219	18

Wednesday's results
Toronto 102 Portland 79
Sacramento 97 Cleveland 94
Indiana 89 Washington 81
Chicago 96 Orlando 94
Memphis 93 Boston 83
Miami 119 Dallas 109 OT
San Antonio 117 Milwaukee 110
Brooklyn 110 Oklahoma City 93
Houston 104 New Orleans 92
Phoenix 95 Philadelphia 89
Utah 106 Minnesota 84
L.A. Clippers at Golden State
Thursday's games — All Times Eastern
San Antonio at New York, 7:30 p.m.
Minnesota at Denver, 9 p.m.
Friday's games
Sacramento at **Toronto**, 7 p.m.
Brooklyn at Washington, 7 p.m.
Cleveland at Charlotte, 7 p.m.
Atlanta at Detroit, 7:30 p.m.
Philadelphia at Oklahoma City, 8 p.m.
Indiana at Boston, 8 p.m.
Chicago at Miami, 8 p.m.
Portland at Memphis, 8 p.m.
Houston at Milwaukee, 8:30 p.m.
Utah at Phoenix, 9 p.m.
L.A. Lakers at L.A. Clippers, 10:30 p.m.

NBA SCORING LEADERS

	G	FG	FT	PTS	AVG
Bryant, LAL	31	323	227	939	30.3
Anthony, NYK	25	249	164	729	29.2
Durant, Okl	30	277	249	854	28.5
James, Mia	29	295	132	762	26.3
Harden, Hou	30	229	266	783	26.1
Westbrook, Okl	30	224	156	646	21.5
Aldridge, Por	28	237	115	589	21.0
Wade, Mia	25	194	114	509	20.4
Lee, GoS	31	260	102	622	20.1
Curry, GoS	31	215	99	621	20.0
Pierce, Bos	30	197	148	598	19.9
Ellis, Mil	29	211	122	570	19.7
Parker, SA	31	234	114	597	19.3
Holiday, Phi	28	211	75	528	18.9
Lillard, Por	30	193	98	553	18.4
DeRozan, Tor	**31**	**210**	**129**	**565**	**18.2**
Mayo, Dal	32	206	97	583	18.2
Walker, Cha	31	206	111	560	18.1
Gay, Mem	27	185	87	485	18.0
Bosh, Mia	28	191	117	505	18.0
Anderson, NO	31	205	44	554	17.9
Duncan, SA	32	227	110	566	17.7
Deng, Chi	29	192	102	509	17.6
Jennings, Mil	29	188	78	509	17.6
Griffin, LAC	32	229	104	564	17.6
West, Ind	31	222	97	543	17.5
Howard, LAL	31	187	160	535	17.3

Not including last night's games

RAPTORS 102, TRAILBLAZERS 79

PORTLAND (79)
Batum 4-12 2-2 10, Aldridge 7-12 0-0 14, Hickson 1-4 0-0 2, Lillard 6-13 5-6 18, Matthews 4-7 2-3 12, Freeland 4-6 3-3 11, Claver 1-2 0-1 2, Price 1-2 0-0 2, Babbitt 1-4 1-1 4, Barton 0-1 0-0 0, Pavlovic 1-3 0-0 2, Smith 1-4 0-0 2. Totals 31-70 13-16 79.
TORONTO (102)
Pietrus 0-4 0-0 0, Davis 9-12 1-4 19, Gray 0-0 0-0 0, Calderon 0-1 0-0 0, DeRozan 11-17 1-1 24, Johnson 7-12 3-3 17, Anderson 2-9 0-0 4, Lowry 0-2 0-0 0, Fields 3-4 1-1 7, Ross 8-14 4-6 26, Acy 0-0 2-2 2, Lucas 1-2 0-0 3. Totals 41-77 12-17 102.

Portland	**17**	**22**	**22**	**18 —79**
Toronto	**24**	**31**	**23**	**24—102**

3-Point Goals—Portland 4-22 (Matthews 2-4, Babbitt 1-4, Lillard 1-5, Claver 0-1, Pavlovic 0-2, Batum 0-6), Toronto 8-23 (Ross 6-9, Lucas 1-2, DeRozan 1-3, Calderon 0-1, Anderson 0-2, Lowry 0-2, Pietrus 0-4). Fouled Out—None. Rebounds—Portland 38 (Aldridge 10), Toronto 45 (Johnson, Davis, Fields 7). Assists—Portland 19 (Lillard 7), Toronto 34 (Calderon 13). Total Fouls—Portland 18, Toronto 20. Technicals—Acy. A—18,117 (19,800).

NFL

WILD-CARD PLAYOFFS
Saturday's games — All Times Eastern
Cincinnati at Houston, 4:30 p.m.
Minnesota at Green Bay, 8 p.m.
Sunday's games
Indianapolis at Baltimore, 1 p.m.
Seattle at Washington, 4:30 p.m.

DIVISIONAL PLAYOFFS
Saturday, Jan. 12
Baltimore, Indianapolis or Cincinnati at Denver, 4:30 p.m.
Washington, Seattle or Green Bay at San Francisco, 8 p.m.
Sunday, Jan. 13
Washington, Seattle or Minnesota at Atlanta, 1 p.m.
Baltimore, Indianapolis or Houston at New England, 4:30 p.m.

CONFERENCE CHAMPIONSHIPS
Sunday, Jan. 20
AFC, TBA
NFC, TBA

SUPER BOWL
Sunday, Feb. 3
At New Orleans
AFC champion vs. NFC champion, 6 p.m.

IIHF WORLD JUNIORS

QUARTER-FINALS
Wednesday's results
U.S. 7 Czech Republic 0
Russia 4 Switzerland 3 (SO)

SEMIFINALS
Thursday's games — All Times Eastern
Canada vs. U.S., 4 a.m.
Sweden vs. Russia, 8 a.m.
Friday's game (5th place)
Czech Republic vs. Switzerland, 8 a.m.

MEDAL ROUND
BRONZE MEDAL GAME
Saturday, 4 a.m.
GOLD MEDAL
Saturday, 8 a.m.

RELEGATION BRACKET

	GP	W	OTW	OTL	L	GF	GA	Pt
Finland	2	2	0	0	0	13	1	6
Slovakia	1	0	1	0	0	2	1	2
Germany	2	0	0	1	1	1	10	1
Latvia	1	0	0	0	1	1	5	0

Wednesday's result
Finland 8 Germany 0
Thursday's game
Slovakia vs. Latvia, 6 a.m.
Friday's games
Latvia vs. Germany, 4 a.m.
Finland vs. Slovakia, 8 a.m.

Horoscopes

♈ Aries
March 21 - April 20
Today's Mercury-Uranus link warns that what you desire the most is unlikely to be good for you, so maybe you need to think about it again. Try to think through what the consequences might be — it could save you a lot of bother later on.

♉ Taurus
April 21 - May 21
Focus on the big issues today. Don't let little everyday things distract you. Most people seem to enjoy getting caught up in trivial details. But you're not most people, you're a Taurus. Be different.

♊ Gemini
May 22 - June 21
Whatever else you do over the next 24 hours, you must stay in control of your emotions. If you allow them to get out of hand, you could end up in a place you really don't want to be. Stay calm.

♋ Cancer
June 22 - July 23
You won't be able to hide your thoughts and feelings today. Your face will betray you even when you think you are lying convincingly. You might as well open up and let the world know what's in your heart.

♌ Leo
July 24 - Aug. 23
You may be inclined to work harder than ever but it really isn't necessary. Ask yourself, honestly, if there is anything that must be done immediately. Chances are most things can wait a few days.

♍ Virgo
Aug. 24 - Sept. 23
Although you are feeling pretty dynamic at the moment, you may find it hard to get moving today. Don't let it worry you if nothing much gets done because you will more than make up for it later on.

♎ Libra
Sept. 24 - Oct. 23
Stop wasting time and energy thinking about what might have been and start thinking about what still could be if you get your act together right now. The past is over and done with, so focus on the future.

♏ Scorpio
Oct. 2 04 - Nov. 22
If you don't follow the rules today, you could find yourself in a lot of trouble. Be wary of people who try to encourage you to take the kind of risks that even you tend to avoid. They'll lead you astray.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be a nice guy by nature but you will fight for what you believe and you are certainly no pushover. Who was it who said, "Speak softly and carry a big stick"? That's the kind of outlook you need.

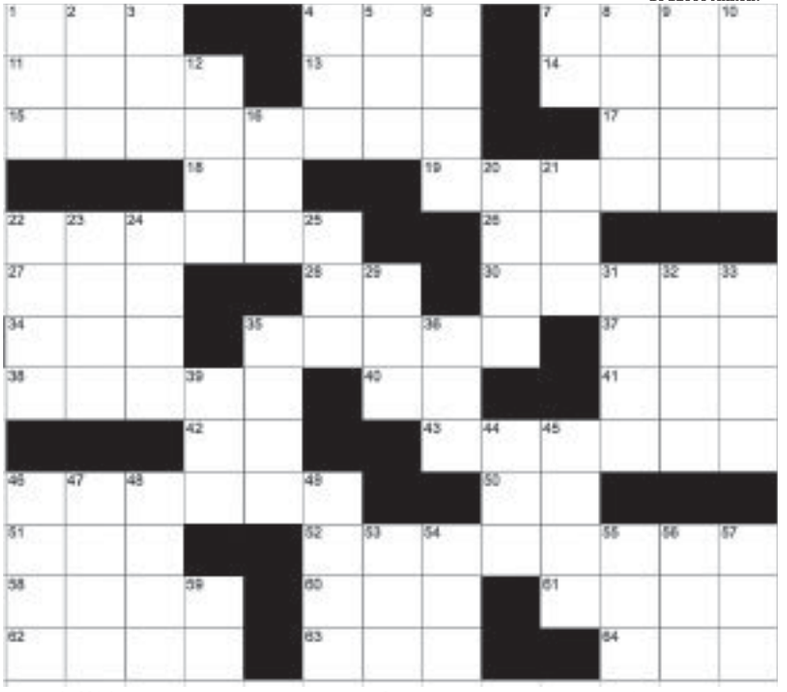
♑ Capricorn
Dec. 22 - Jan. 20
You may be inclined to throw yourself at each and every challenge that comes your way but that's just a waste of time and energy. Choose your battles carefully and aim to win them one at a time.

♒ Aquarius
Jan. 21 - Feb. 19
Rivals and competitors seem determined to give you a hard time but that's OK. You are at your best when it seems as if the world is against you. It's not true, of course, but it does tend to motivate you.

♓ Pisces
Feb. 20 - March 20
It may seems as if your life is heading down a predestined course but that isn't strictly true. You can change your destiny any time you choose, but first you need to believe that it's possible. Start believing today. SALLY BROMPTON

Crossword

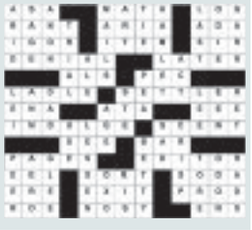
BY BETTY MARTIN



Across
1. Coffee holder
4. Beer holder
7. Intense anger
11. Minerals
13. Opening (anat.)
14. I smell - — (2 words)
15. Window shopping
17. Patience – – virtue (2 words)
18. First two vowels in a sequence
19. Handbag handles
22. Pancake mixture
26. Battery sz.
27. Spanish cheer
28. Blood type (abbr.)
30. Fencing weapon
34. Actress Maris of Nurses
35. Show gratitude to
37. Ruin
38. Florida city
40. Negative
41. – – loss for words (2 words)
42. Chemical suffix
43. Confidential
46. Newcomer
50. Unser of racing
51. Lab eggs
52. Refrains from
58. Yesteryear
60. "The Crying Game" actor
61. Kind of point
62. Monthly exp.
63. Directed
64. Atlas abbr.

Down
1. Corn throwaway
2. YYZ posting
3. Prefix meaning recent
4. Japanese carp
5. Shore bird
6. Jokes
7. Egyptian Sun God
8. Diva's solo
9. Sound of fright
10. Greek letters
12. Smack
16. Lay eyes on
20. Chore
21. Not yet cooked
22. Gravy holder
23. Burghoff's co-star
24. Plow puller
25. School cheer
29. Exclude
31. Actor Epps of House, M.D.
32. Hotel posting
33. Mild oath
35. Powder
36. Numerals (abbr.)
39. Luau fare
44. Consume
45. Chowder ingredient
46. Slangy refusal
47. Football shape
48. Bud holder
49. My Name is —-
53. Opie's aunt
54. Melancholy
55. Comparative suffix
56. Word with 'waste' and 'want'
57. Fr. holy woman
58. Roger E. Mosley on Magnum, P.I.

Yesterday's Crossword



What's online

See today's answers metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	2		8		7		1	
	7	5				9	4	
1								2
		6	7	1	8	2		
		4	6	9	3	8		
5								7
	8	9				3	6	
	6		4		5		8	

Yesterday's Sudoku

4	2	8	3	5	9	1	7	6
5	9	3	7	6	1	2	4	8
7	6	1	8	4	2	9	3	5
8	3	7	1	2	5	6	9	4
6	5	2	9	3	4	7	8	1
1	4	9	6	8	7	3	5	2
2	7	4	5	1	3	8	6	9
9	1	8	4	7	6	5	2	3
3	8	5	2	9	8	4	1	7

Sharability

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